**COMPETENCE BASED CURRICULUM**

**TISMA 001**

**GRADE 4 TERM 1 OPENER (ENTRY) EXAM 2024**

**HOME SCIENCE /ART & CRAFT/ MUSIC & PHYSICAL HEATH ACTIVITIES**

**QUESTIONS**  
**HOMESCIENCE ACTIVITIES**

1. Write 2 common illinesses.  
   (diarrhoea and Tuerculosis, Sore throat and common cold)
2. Utensils that break easlily in our kitchen are called(fragile, glass, ceramic)utensils.
3. Write two energy giving foods.
4. Name three fuels we use at home
5. A meal that contains the three groups o ioods in the rightis amounts is known as (balance diet, energy giving food, grouped meal)
6. Write two methods of cooking food.
7. \_\_\_\_\_\_\_bags is used to keep all the needlework tools together. (Plastic, Sewing)
8. Write two personal items.
9. \_\_\_\_\_\_is putting the dirty clothes in clean cold water without soap for a while before washing them. (Mending, Soaking, Washing)
10. The process of washing, ironing and storing is called\_\_\_\_\_\_\_ (drying work, laundly work, garment work)

**ART & CRAFT**

1. Name two tools used in drawing.
2. Shade this picture using smudging technique.  
   
3. When we mix two primary colours we get colours.
4. \_\_\_\_\_is a mixture of a colour with white. (Shade, Tone, Tint)
5. Name two materials which can be used to make a montage.
6. Warps and wefts are used in (threading, weaving)
7. Draw and colour a drum.
8. Name two materials used in pottery.
9. Make a pattern using letter 'C' or 'X'

**MUSIC**

1. Songs sung to praise and worship God are called \_\_\_\_\_songs.
2. Two people singing together form a \_\_\_\_\_
3. Define pitch
4. Isukuti is a drum played by community.
5. Draw a flute.
6. Write two costumes worn when dancing a folk song.
7. Name the french rhythm of a semi-breve
8. Songs sung in praise of a country or its leaders are known as song. (patriotic, love)
9. The Kenya National Athem song has how many stanzas? (Three, Two, Four)
10. If you are singing and at the same time clapping, you are trying to catch up with the \_\_\_\_\_of the .song. (rhythm, taste, truth)

**PHYSICAL HEALTH EDUCATION**

1. The place where athletes run and compete is called \_\_\_\_\_field.(football track, athletic track, running track)
2. Before one starts to run, one must have to (coming up, warming upi eating up)
3. Draw athletic track field.
4. Where people complete using a football, the place is called \_\_\_\_\_pitch. (football, volleyball, handball)

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| **Questions** | **Activity to be done** | **Perfomance** | **Ratings** |
| 5 | Two-handed catching |  |  |
| 6 | Kneeling, overhead throw |  |  |
| 7 | Geeting set -(On to your marks) |  |  |
| 8 | Stopping a football |  |  |
| 9 | Standing long jump |  |  |
| 10 | Get - set - go |  |  |